

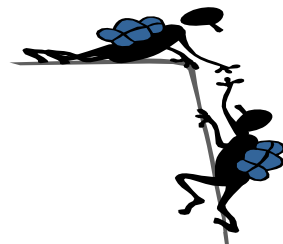
Interpersonal Effectiveness Handout 9

Sometimes Using Your Skills is Hard

When You Don't Know How

Sometimes you just don't know what to do or how to do it.

Solution: Ask for help to use your skills.



When You Are Worried

Sometimes you might think:

- "They won't like me."
- "I don't deserve this."
- "I can't do this."



Solution: Try using a skill anyway, see what happens!

When Your Emotions Get In the Way (Emotional Mind)

Sometimes your emotions are so strong and they try to control what you do. This makes it hard to use your skills.

Solution: Use mindfulness skills to calm down and then make a choice.

Solution: Ask for help to use your skills.



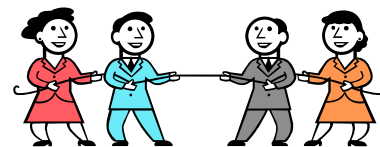
When You Can't Decide What To Do

Sometimes you can't decide what skill to use and you think:

"I just can't decide."

Solution: Just pick one and try it!

If it doesn't work, try a different one next time.



When the World Doesn't Let You

Sometimes you can't use your skills because other people are more powerful or because the world is too strong.

Solution: Work on accepting this situation, but don't give up. Use your skills when you can.

